

Boulder SSE presents:

OUT OF BODY... BACK IN



Near-Death Experiences

24 July 2026
Boulder, CO



**With Maryann
& Paul Sperry**

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You've Seen Our Bios, So Why Might We Be Qualified to Speak on NDEs?



Maryann worked with the *International Association for Near-Death Studies (IANDS)* for 6 years, and served as a Board member for 3 years. She has managed conferences in the consciousness genre for 20 years.



Paul has participated in four IANDS conferences, including moderating panels on *NDEs & Non-Human Intelligence* plus *NDEs, UFOs & ETs*. He also has given invited NDE presentations, including one with Maryann in Santa Barbara on *Dreams as a Window to Spiritual Transformation*.

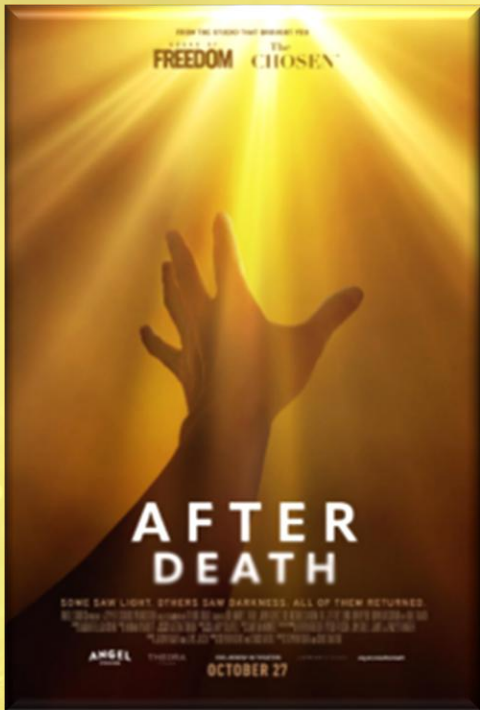
Have You Noticed an Increased Media Focus on *Consciousness* in Recent Years?



This doesn't seem to be driven by some "top down" initiative, but appears to be a "bottom up" phenomenon as the information explosion reveals things we previously never heard about during simpler times.



Two of These *Consciousness* Phenomena Include NDEs and Telepathy



This 2023 theater release elevated the NDE phenomenon to a national level



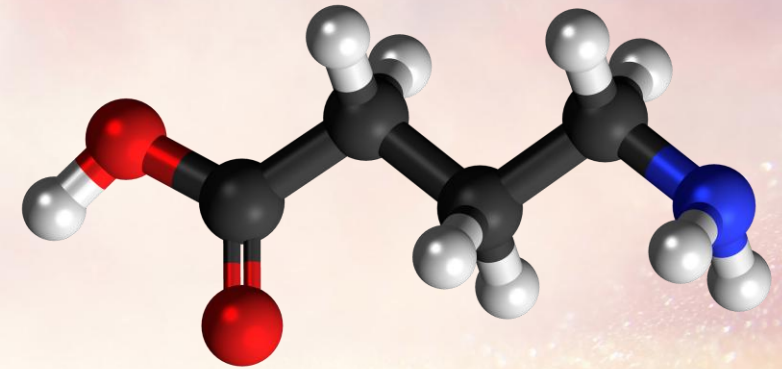
The Telepathy Tapes podcasts became a sensation in 2025

Another Are the Surprises We're Discovering About *Consciousness* Itself

Do you recognize this molecule?

Have you ever heard of GABA?

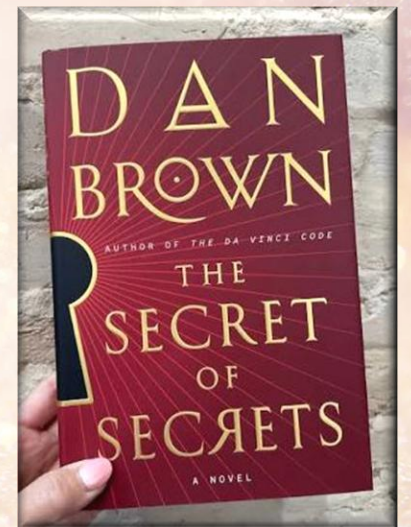
Does the name
gamma-aminobutyric acid
ring any bells?



The Process of Perception is Opposite of What We Thought

- GABA is a neurotransmitter in the brain that protects us from overload by filtering sensory input to a level we can assimilate.
- Psychedelics do not of themselves open our awareness, but suppress GABA inhibition of the wider reality that is always there.
- Most sedatives, anti-anxiety drugs, and anesthetics work by influencing this GABA activity.

Insights can be found in the least expected places.
After Dan Brown included GABA in his latest novel, Drs.
Dean Radin & Helané Wahbeh interviewed him about
how it modulates our access to *consciousness*.



We Have Long Been Erroneously Equating The Brain with the Mind

- Our brains are exceedingly powerful, but being part of our 3D physical bodies, they are limited to processing the memories of life experiences within the constraints of time and space.
- In contrast, our minds are non-physical energy fields that operate outside of space-time and connect with our brains to provide a much wider perspective of reality.
- During an NDE, we move into this less familiar higher reality, but often interpret what we experience through the filters of our beliefs.

The Beliefs We Embrace Influence What We Perceive

- People who cling to strong beliefs tend to dismiss anything that encroaches upon their comfort zones, even in the face of growing evidence to the contrary.
- We all are influenced by a “confirmation bias” where we interpret experiences in the context of what we want to believe or have already accepted.
- Researchers note that NDEs often are initially described as *ineffable* light, then later subconsciously map this light onto specific religious figures such as *Jesus* for the Christians or *Krishna* among the Hindus.
- NDEers who come from a judgmental religious upbringing may “see” the Devil.

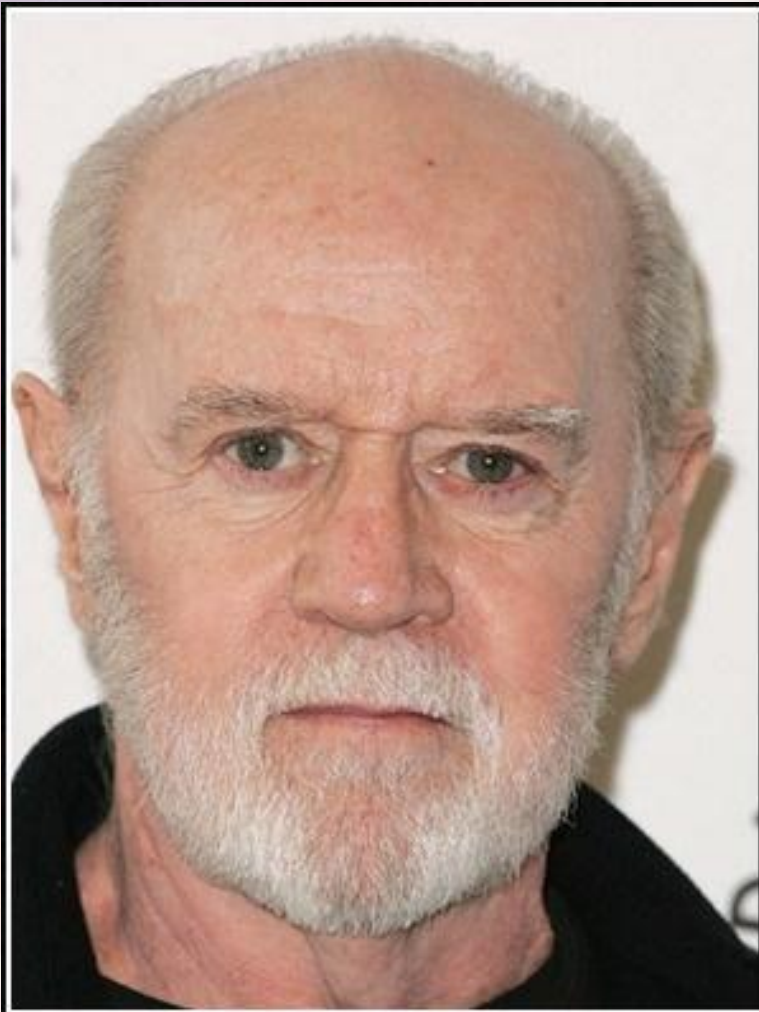
NDEs forever change people's lives, regardless of how their minds add meaning to their experience.

The Public is Becoming More Aware of NDEs

- Near Death Experiences are increasingly gaining media recognition as patients who once would have died are routinely being medically revived.
- Consistent and compelling reports of other-worldly experiences are mounting.
- While controlled near-death experiments cannot be conducted and anecdotal reports cannot be scientifically validated, the vast body of corroborating evidence itself cannot be ignored.
- This emergent phenomenon is providing the lens to a wider reality and universal presence of *consciousness*.

Experiencer Anecdotes

- While most have anxiety about death, experiencers often affirm the actual process will be the easiest thing you do.
- Many experiencers report an exhilarating understanding of how the universe works, but this momentary clarity fades once they return to the constraints of their physical body and world.
- One described seeing the equations of universal physics lining the tunnel through which he was flying as he told himself, “don’t forget this, don’t forget this,” then did.
- Many are confused by the total absence of time where perceptions and communications occur instantaneously.



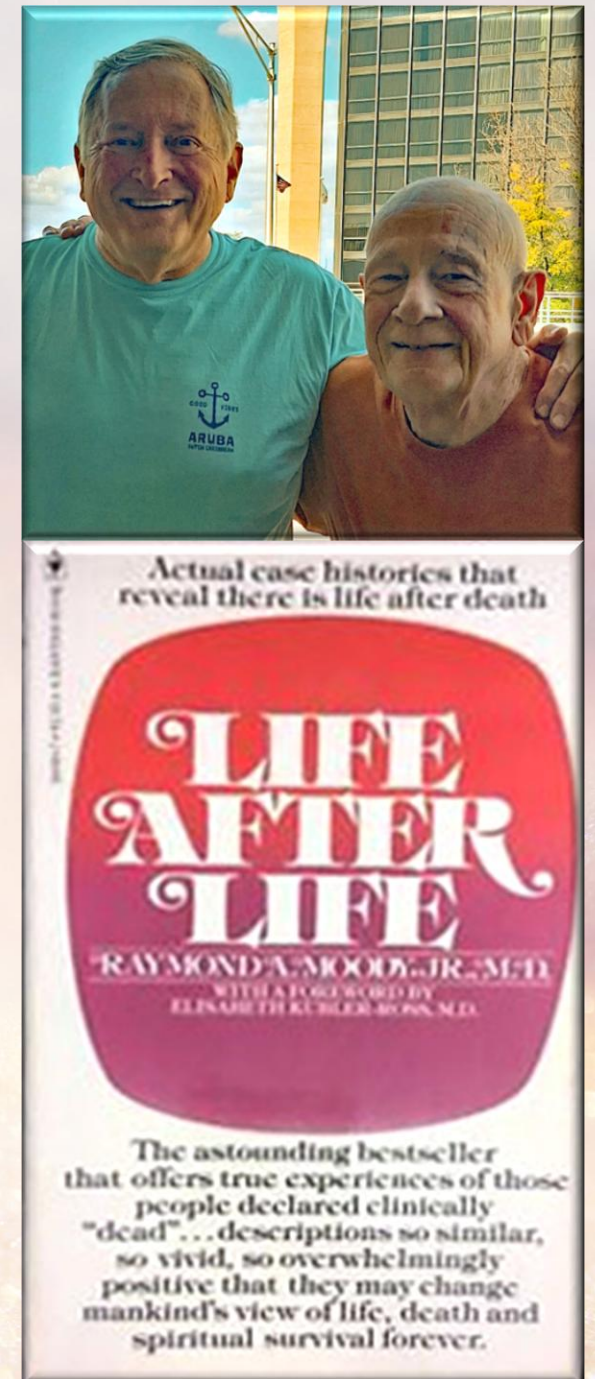
Life is a near-death experience.

— *George Carlin* —

AZ QUOTES

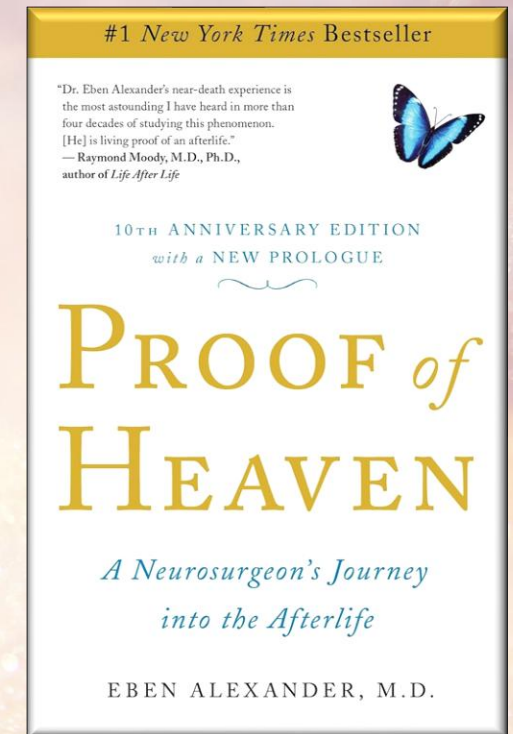
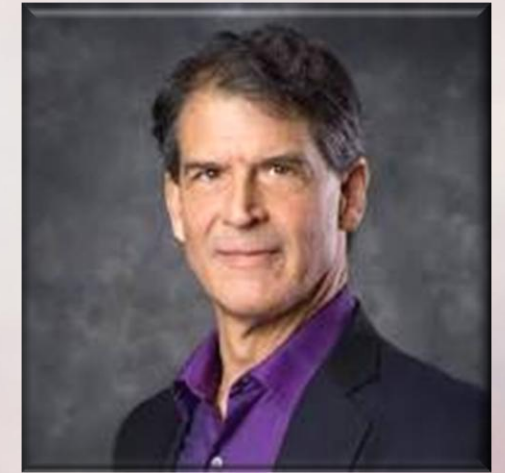
The First Doctor With The Courage To Scientifically Publish The Near-Death Phenomenon

- Dr. Raymond Moody is the medical doctor who studied, first wrote about *Near-Death Experiences*.
- Published over 50 years ago, *Life After Life* was a groundbreaking study of one hundred people who shared with him their “clinical death” experiences.
- Since 1975, more than 13 million copies have been sold in 12 languages.



One Of The More Compelling Near-death Accounts

- Dr. Eben Alexander is a Harvard-trained neurosurgeon and skeptic who developed a nine-point list to explain away recurring reports of near-death experiences.
- After contracting a spinal meningitis so serious that it left him with zero brain activity, his own colleagues recommended ending his life support.
- Following a miracle recovery, he systematically refuted every one of his nine-points based upon his own experience.

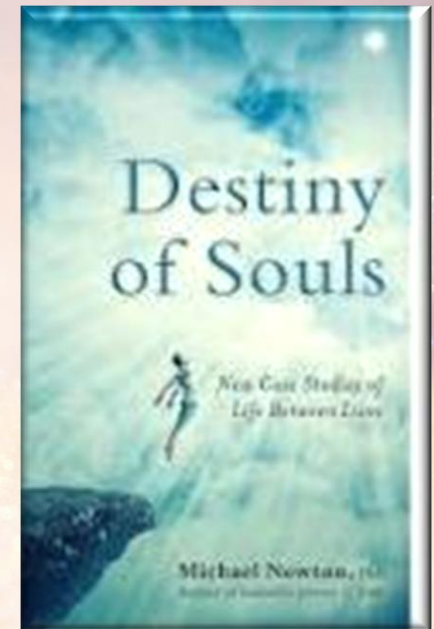
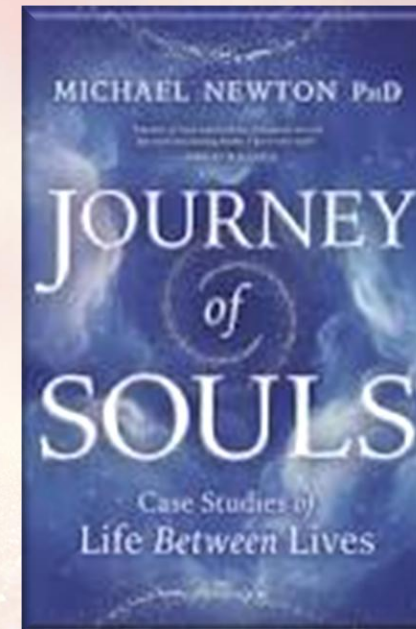


Examples of Where Eben's Own NDE Could Not Be Explained Away

- The severe meningitis had incapacitated his neocortex and should have made conscious experience impossible, yet he *experienced* a vivid, "ultra-real" afterlife journey.
- When his neocortex was “restarted” after the system-wide shutdown of his brain, the subsequent “reboot” should have resulted in disjointed memories, yet the story he recounted was rich inconsistent and elaborate intricacies.

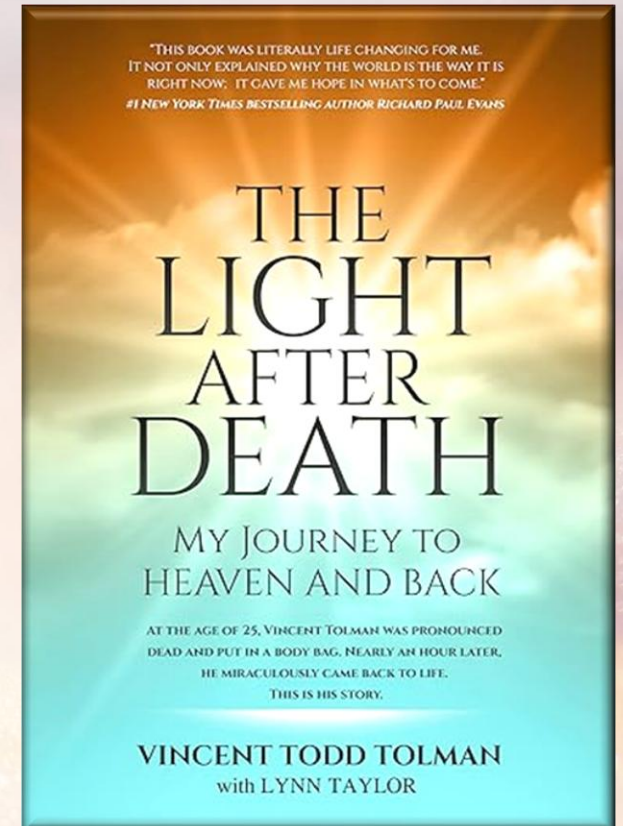
Life Reviews Can Occur *Spontaneously* During NDEs Or *Intentionally* Through Life Regressions

- Dr. Michael Newton (1931-2016) was a hypnotherapist who regressed clients to a level of super *consciousness* where they experienced life reviews and even the planning before the next incarnation.
- His books are often identified as pseudoscience by peers who don't have the ability to replicate his work, yet clients find specific validation and profound insights through this avenue of introspection.



A More Recent Near-death Account

- We synchronistically connected with Vinney Tolman at the 2024 *International Association for Near-Death Studies* (IANDS) conference in Washington, D.C.
- His life dramatically changed following this remarkable event and he is now touring the world giving lectures and teaching students.

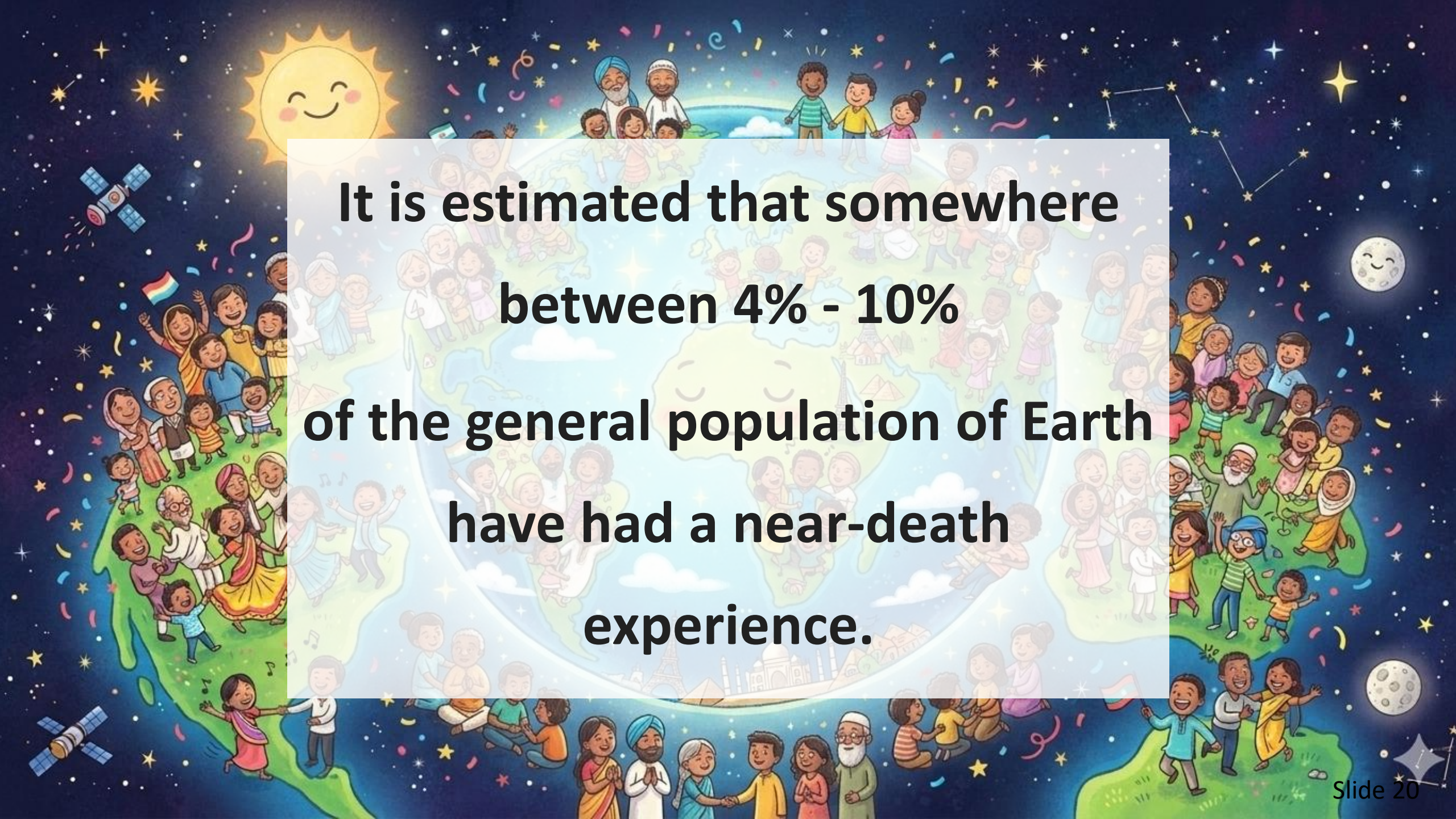


Maryann Will Now Dig Deeper Into NDEs



**Near-death experiences (NDEs)
are profound individual
experiences that are vivid,
hyper-real, and supernatural or
mystical that happen to some
people during a close brush
with death.**





**It is estimated that somewhere
between 4% - 10%
of the general population of Earth
have had a near-death
experience.**



NDEs have been reported for centuries with experiences universal across cultures.

“Near-Death Experience”

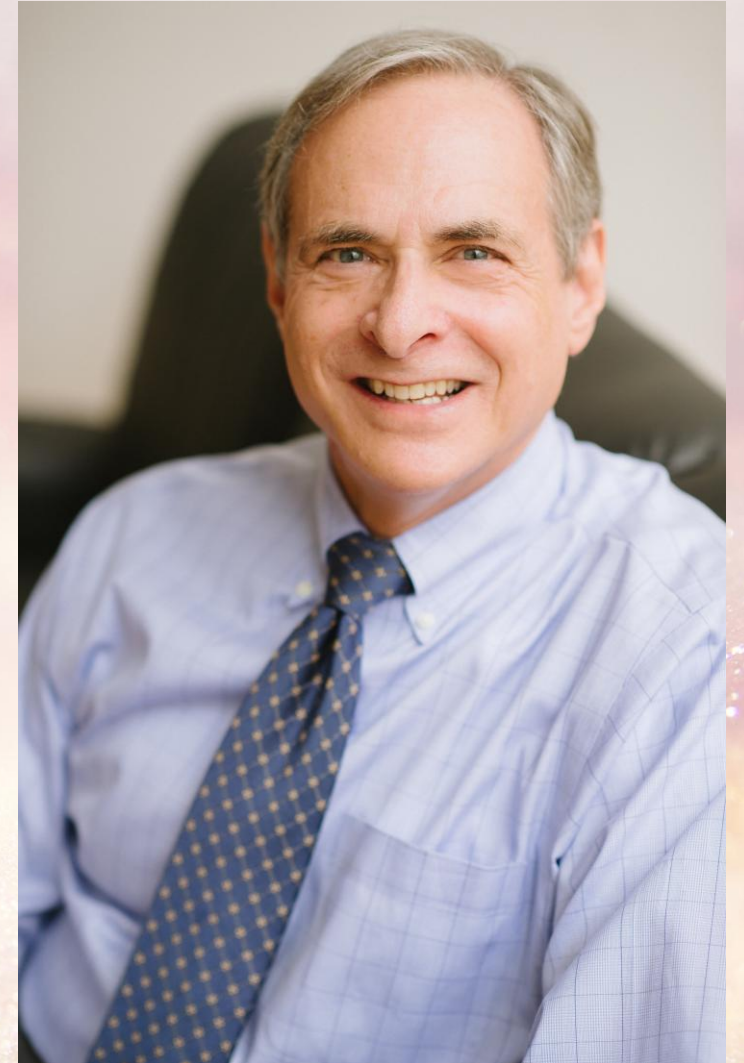


Dr. Raymond Moody was the first to formally coin the term "near-death experience" (NDE) and bring it into the mainstream.

Quantifying the Near-Death Experience (NDE) Phenomenon:

Bruce Greyson, MD, researcher and
co-founder of IANDS, developed the
NEAR-DEATH EXPERIENCE SCALE
to measure the depth of an
individual's NDE

<https://iands.org/nde-research/quantifying-the-phenomenon-greyson-near-death-experience-scale/>



The NEAR-DEATH EXPERIENCE SCALE

16 Questions

with each answer scored as 0, 1, or 2

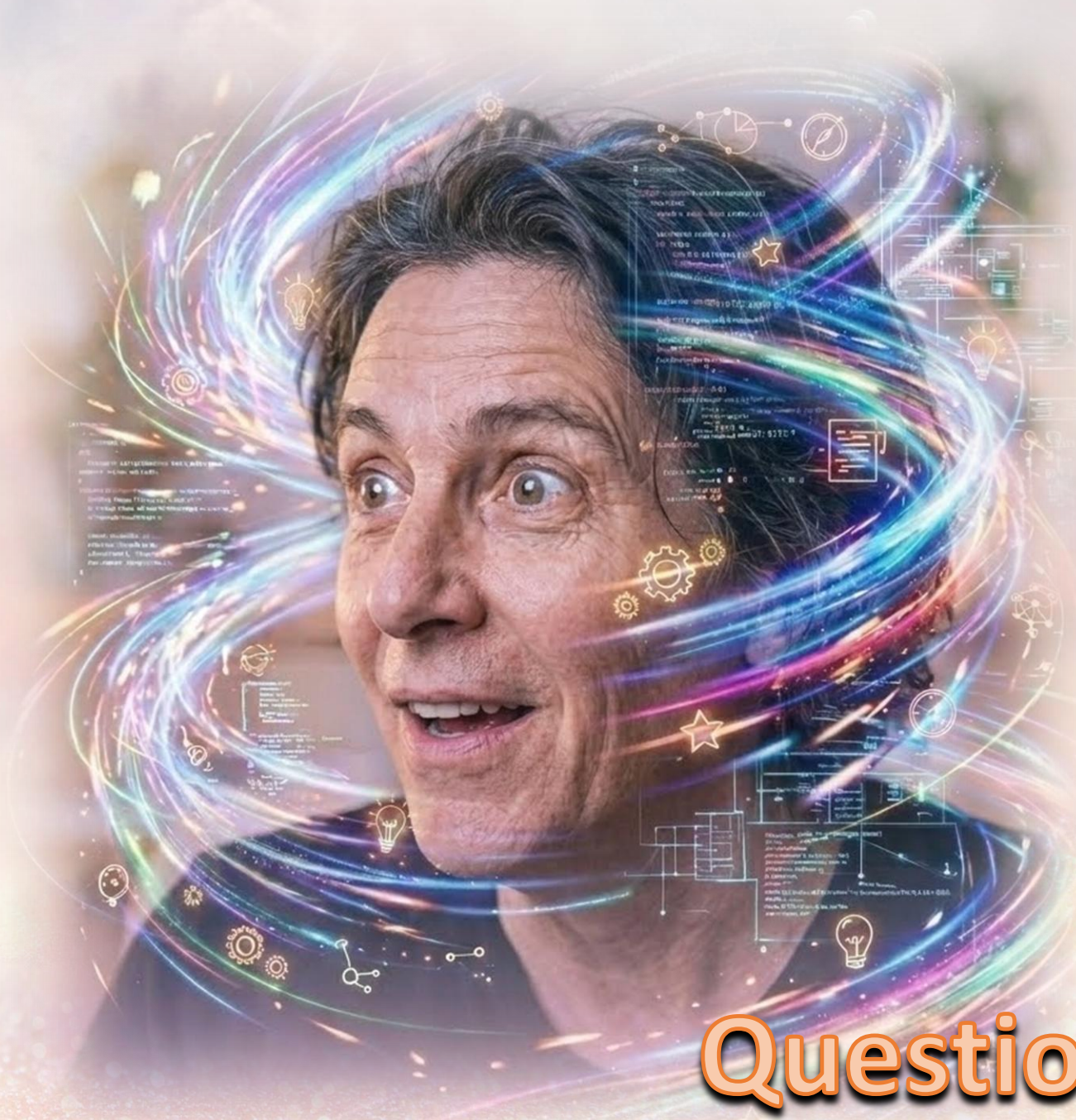
Did time seem to speed up or slow down?



Question 1

Slide 25

Were your
thoughts
speeded up?



Question 2

Did scenes from your past come back to you?



Question 3

Slide 27

Did you suddenly seem to understand everything?



Question 4

Did you have a feeling of peace or pleasantness?



Question 5

Did you have a feeling of joy?



JUN '74

Question 6

Slide 30

Did you feel a sense of harmony
or unity with the universe?



Question **7**



Did you see, or
feel surrounded
by, a brilliant
light?

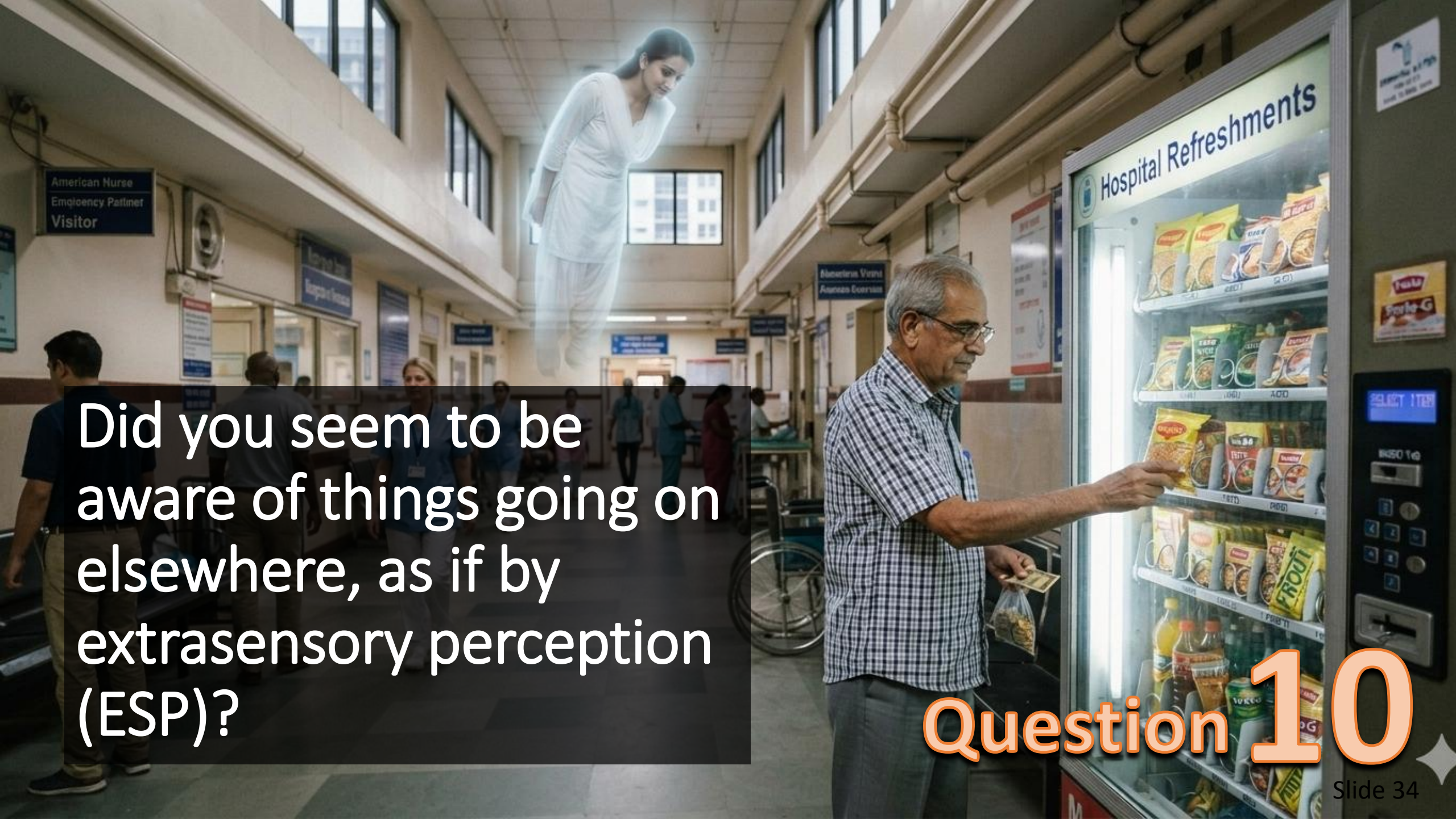
Question 8



Were your senses more vivid than usual?

Question 9

Slide 33

A composite image of a hospital hallway. In the background, a woman in a white nurse's uniform is floating in the air, appearing as a ghost. In the foreground, an elderly man with glasses and a checkered shirt is standing at a vending machine labeled "Hospital Refreshments". He is reaching out to select a snack. The vending machine is filled with various snacks like chips, nuts, and fruit. The hallway has other people in the background and signs on the wall, including one for "American Nurse Emergency Partner Visitor".

Did you seem to be aware of things going on elsewhere, as if by extrasensory perception (ESP)?

Question 10

Did scenes
from the
future come
to you?



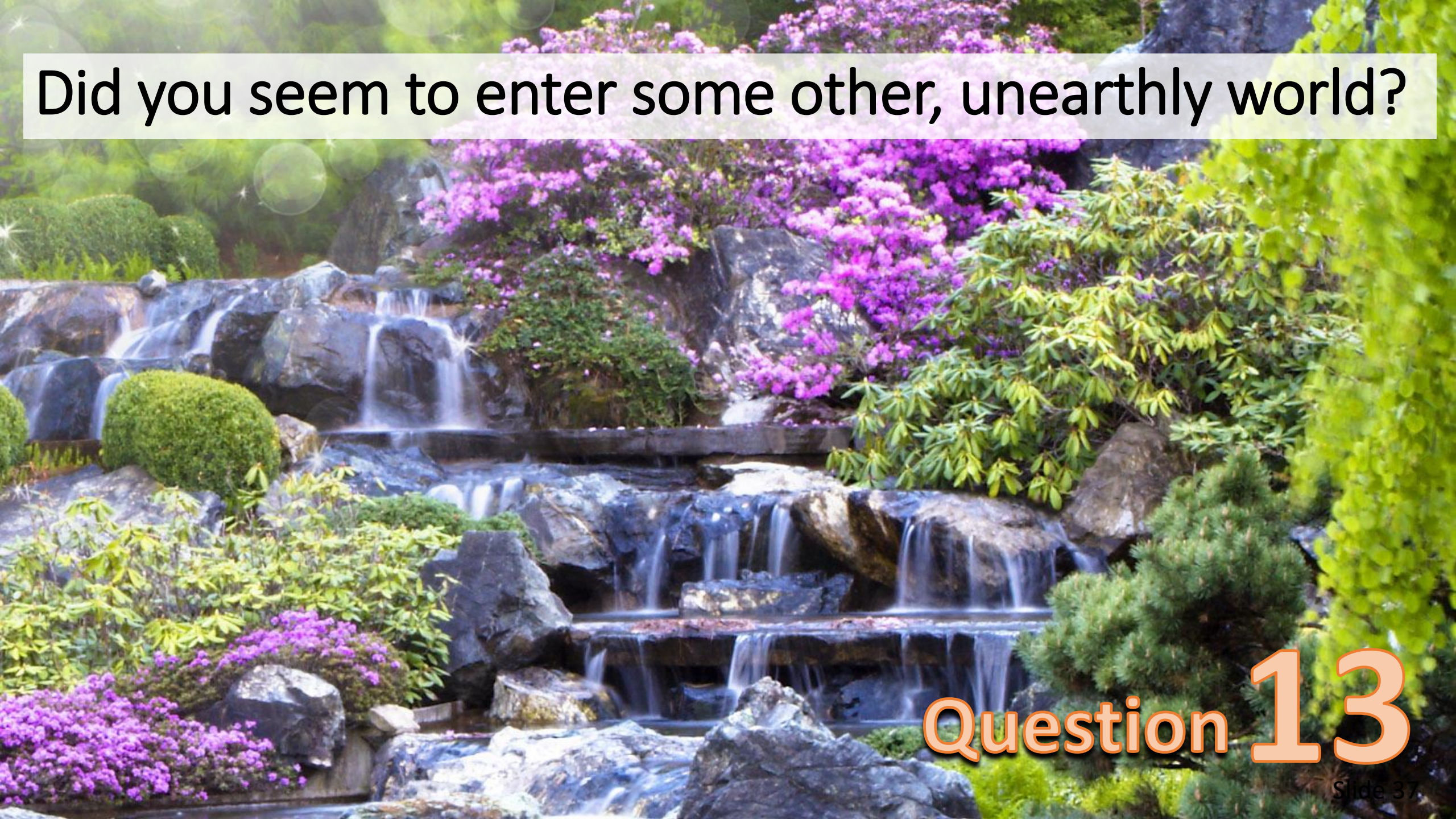
Question 11

Did you feel separated
from your body?

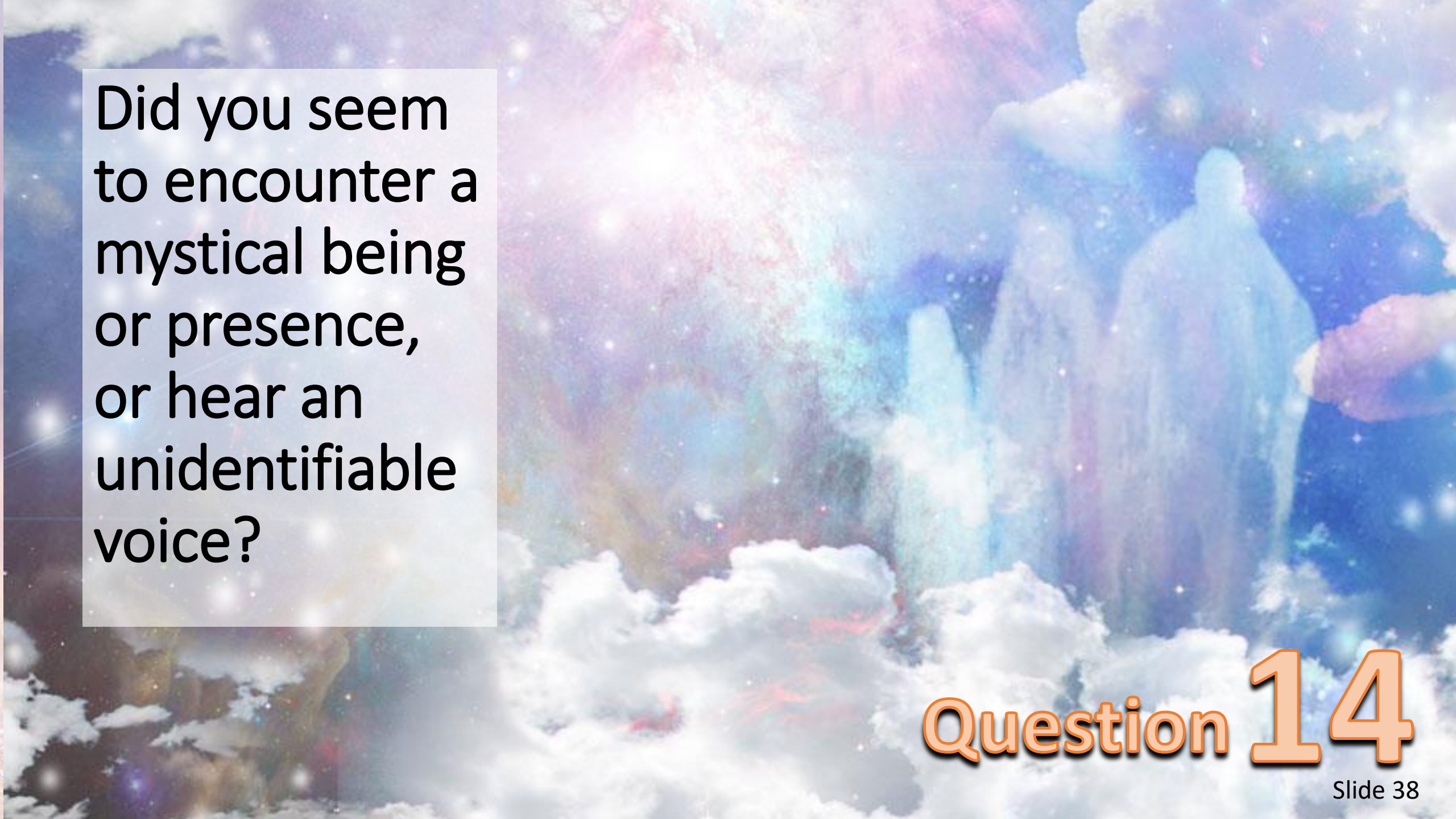


Question 12

Did you seem to enter some other, unearthly world?



Question 13



Did you seem
to encounter a
mystical being
or presence,
or hear an
unidentifiable
voice?

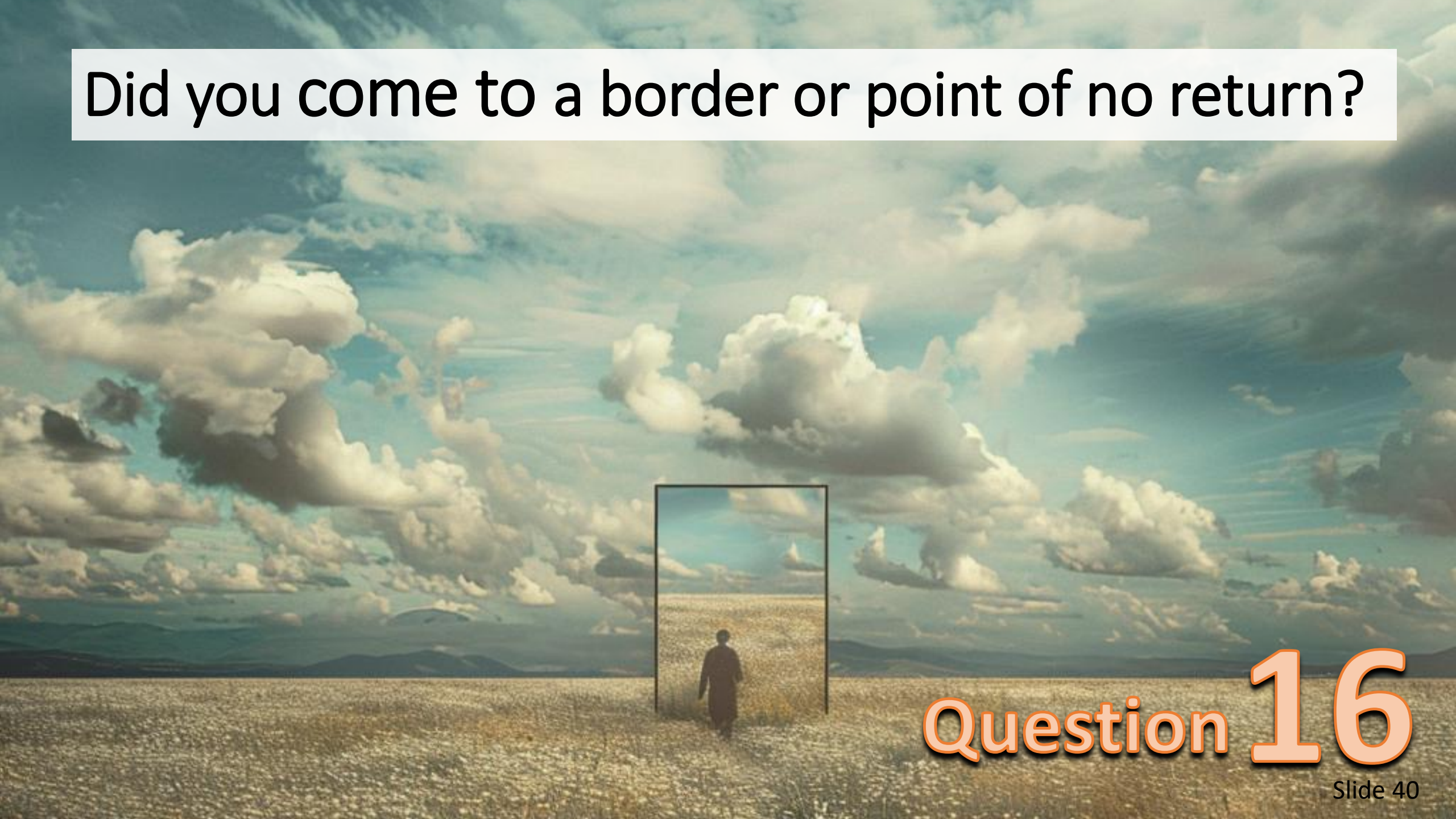
Question 14

Did you see deceased or religious spirits?



Question 15

Did you come to a border or point of no return?



Question 16

Slide 40

NDE SCALE: Quantifying the Phenomenon

Professor Bruce Greyson developed this scale to measure the depth of an individual's near-death experience.

Each question can be answered with a 0, 1, or 2

Out of 32 possible points:

A score of **7 or higher** is considered a NDE for research purposes.

The mean score among a large sample of near-death experiences is **15**.

SOURCE: UVA Division of Perceptual Studies, Department of Psychiatry & Neurobehavioral Sciences



TUNNEL OF LIGHT

“REALER than REAL” and the MEMORY of the NDE never fades

From *PLOS ONE*, a peer-reviewed science journal

Qualitative thematic analysis of the phenomenology of near-death experiences

Helena Cassol  , Benoît Pétré , Sophie Degrange, Charlotte Martial, Vanessa Charland-Verville, François Lallier, Isabelle Bragard, Michèle Guillaume , Steven Laureys 

Published: February 14, 2018 • <https://doi.org/10.1371/journal.pone.0193001>

Article	Authors	Metrics	Comments	Media Coverage
				

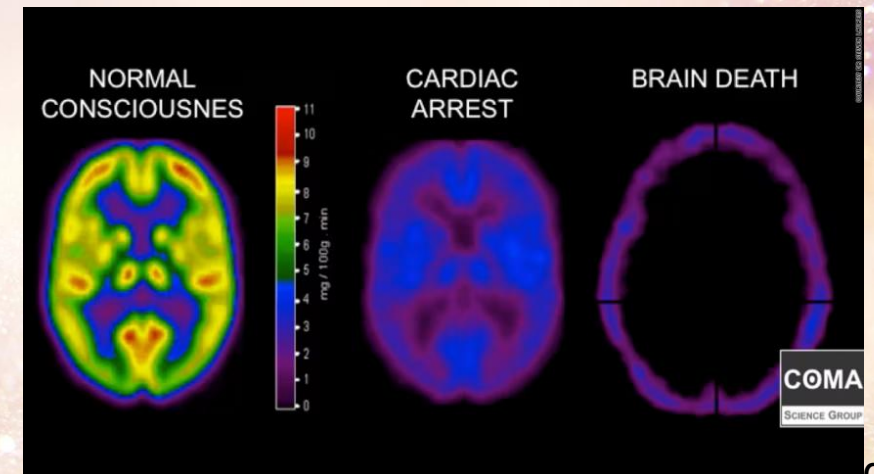
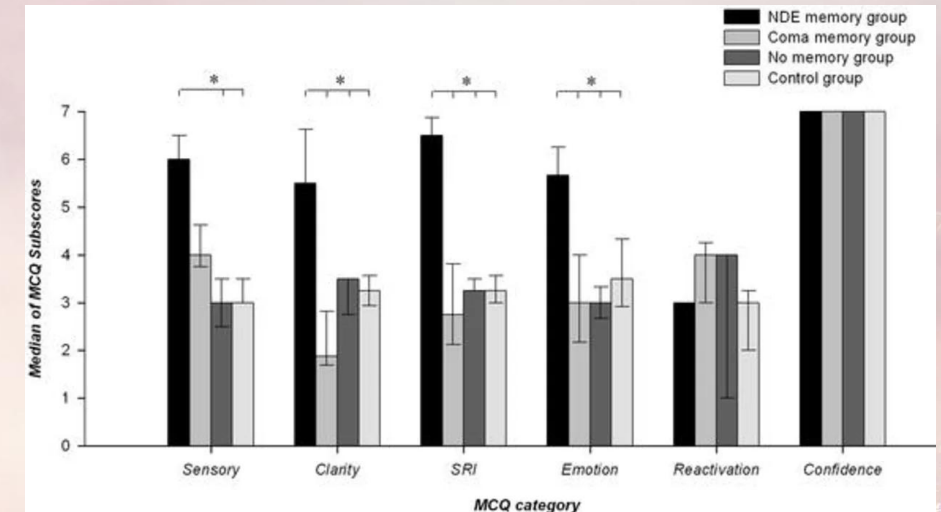
Abstract

Introduction
Materials and methods
Results
Discussion
Conclusion
Acknowledgments
References

Reader Comments
Figures

Abstract

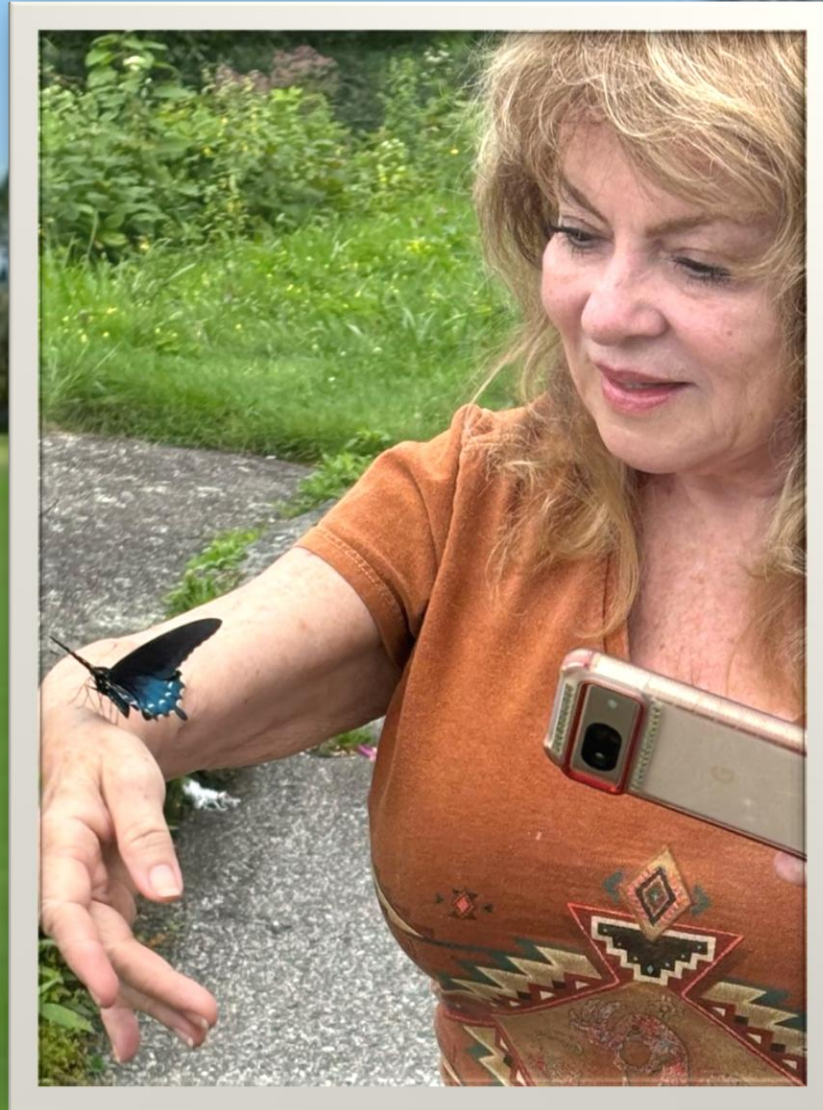
Near-death experiences (NDEs) refer to profound psychological events that can have an important impact on the experiencers' (NDErs) lives. Previous studies have shown that NDEs memories are phenomenologically rich. In the present study, we therefore aimed to extract the common themes (referred to as “features” in the NDE literature) reported by NDErs by analyzing all the concepts stored in the narratives of their experiences. A qualitative thematic analysis has been carried out on 34 cardiac arrest survivors' NDE narratives. Our results shed the light on the structure of the narratives by identifying 10 “time-bounded” themes which refer to isolated events encountered during the NDE and 1 “transversal” theme which characterizes the whole narrative and generally appears as a retrospective comment of self-reflection on the experience. The division of narratives into themes provides us with detailed information about the vocabulary used by NDErs to describe their experience. This established thematic method enables a rigorous description of the phenomenon, ensuring the inclusion of all self-reported manifestations of themes in narratives.



RE-ENTERING THE BODY

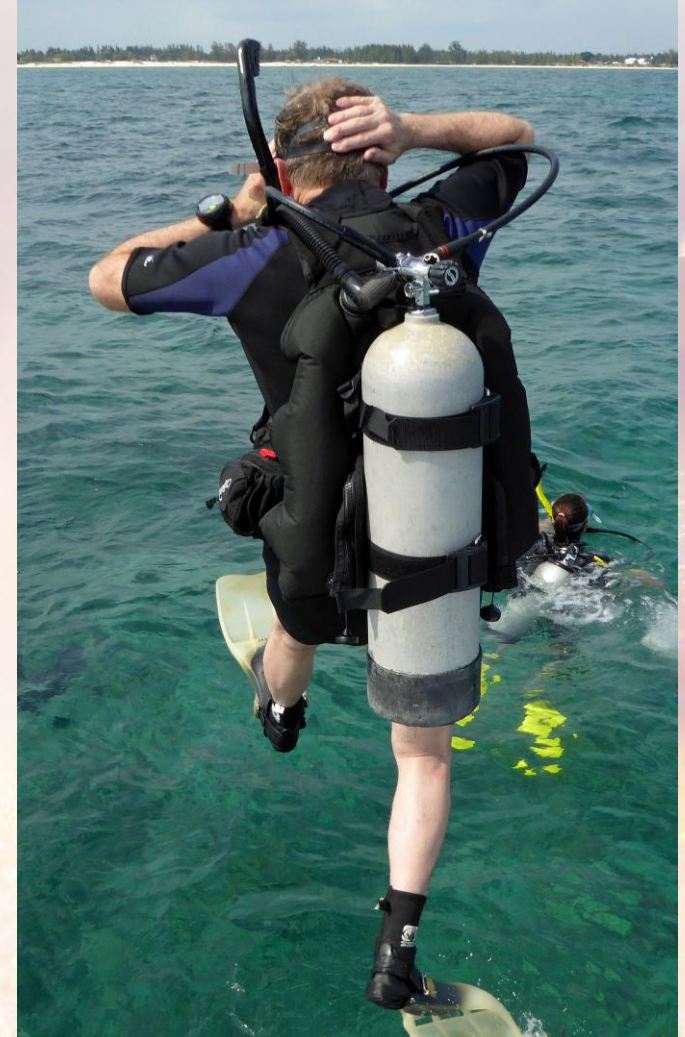


Was that an NDE?



Repeating Lives Is Similar to SCUBA Diving

In both, you leave your former home for a brief excursion into a foreign environment, you have to squeeze into a bulky life-support wetsuit, restrict your vision to straight ahead through a foggy mask, then withstand the pressure of a harsh environment. But you soon adapt and almost forget this isn't your true home. When you complete your "bottom time" and return home, you are blinded by the light feel exuberant as you shed your bulky tank and suit. Yet as difficult and risky as this is, you soon find yourself wanting to return for another "dive."



NDEs Can Be Accompanied by Many Signs of *Ineffable* Knowing

- Dr. Janice Holden of the *International Association of Near-Death Studies (IANDS)* identified 24 phenomena that can accompany NDEs and reveal a deeper level of non-physical reality.
- She divided these experiences into three categories:
 - 8 that occur during NDEs
 - 12 that occur after NDEs
 - 4 that occur neither during nor after NDEs

Phenomena That Can Occur During NDEs

- Out-of-body experiences (OBE)
- Telepathy
- After-death communication (ADC)
- Past-life memory
- Precognition
- Remote viewing
- Mystical experiences
- Anomalous healing of self

Additional NDE Facts

- Some of the early NDE studies were established to help combat veterans to begin understanding their troubling brushes with death.
- Intriguing NDE reports are validating previously unknown details of one's life that couldn't otherwise be known, yet are found to be true.
- Unlike hallucinogenic experiences, NDEs give one an absolute knowing that is not diminished by the skepticism of others.
- Karma is not a punishment and is neither bad nor good, but simply experiencing all perspectives of one's actions in life.
- Many hold a deeper awareness of their NDE, but their minds are shielding them from ideas or trauma they are not yet ready to face.

A Few Experience Distressing NDEs

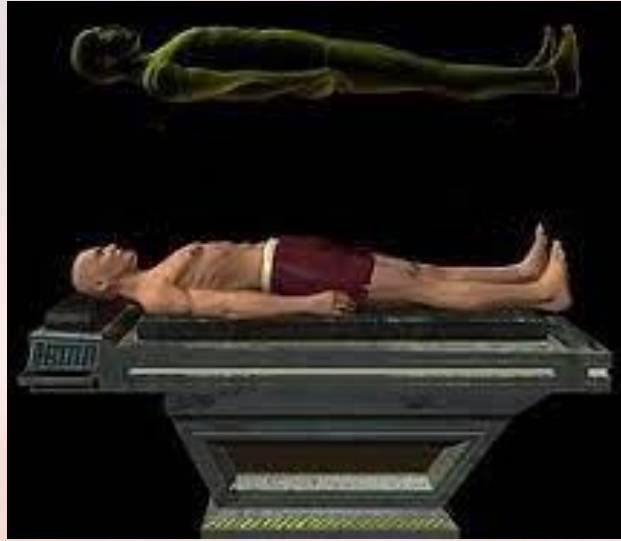
- Most NDEs are exceedingly affirming, but some can be distressing depending upon the intensity of our religious conditioning, expectations and fears.
- Those that believe they deserve the punishment of Hell may briefly encounter terrifying visages, but these nearly always transition into ones of self-forgiveness and love.

Vinney Tolman's NDE Account



I died on the bathroom floor of a Utah Dairy Cream on a cold night in January 2002. My friend and I had taken a dodgy body-building supplement we had bought online, but the moment we consumed it, we knew something was wrong. I started to feel extremely nauseous, so went to the bathroom, locked the door and collapsed.

Vinney Tolman's NDE Account



The next thing I knew, I was looking down at a body from above. The world felt like it had no ceiling as I calmly watched paramedics break into the bathroom and work on the body I didn't recognize as mine.

Vinney Tolman's NDE Account



It had been 45 minutes when the EMTs zipped up the body bag. As they headed for the morgue, a rookie EMT heard a commanding voice saying “This man is not dead.” The EMT couldn’t find a pulse, but when he made one last check of the femoral artery, both he and my apparition (floating above) felt a simultaneous burst of energy. He jumped into action and three defibrillator jolts later, a heartbeat was detected and they turned around for the hospital.

Vinney Tolman's NDE Account



I was in a coma for three days and officially declared brain dead by the doctors. They told my family I had little chance of survival. The initial panic I felt quickly dissipated when a luminous being appeared and filled me with indescribable peace and love.

Vinney Tolman's NDE Account



Throughout my experience, we were approaching an incredibly bright light that was best described as angelic beings. I knew we were all one and felt immersed in an ineffably pure love, peace and joy. The colors were indescribably beautiful. I had a 360° view as we moved through space at unimaginable speeds. In one millisecond, I relived my entire life, saw flashes of the bad things I had done and judged I wasn't worth saving.

Vinney Tolman's NDE Account



I learned that anywhere you find prejudice in a religion, it is not from God, but the work of mortals creeping in. I thought I wasn't particularly judgmental, so was surprised to recognize that even my attitude toward others who were judgmental was itself a judgment. I realized that judging anyone was a form of withholding love.

Vinney Tolman's NDE Account



I learned we are all more powerful than we can imagine. I also absolutely knew we are never ever alone. Drake then added that whatever you give your attention to, whatever you focus upon, good and bad, you attract and then create that into existence. It is thus crucial that you are careful about the thoughts that you hold in your mind, for they will shape your future experiences.

Vinney Tolman's NDE Account



I was telepathically shown the limitations of my religious faith and that there were more forms of life in the universe than I could possibly imagine. I realized that it is our distractions that stop us from noticing the messages and assistance that are always available.

Vinney Tolman's NDE Account



I knew, deep down inside that it was not my time. When I heard my brother far away saying a prayer over my physical body, I was immediately pulled back. I awoke and tried to tear off the medical tubes and wires until realizing the constraint I was feeling was of being back in a physical body. I initially struggled to reconnect with the world and felt an overwhelming sense of sadness and loss. I felt painfully disconnected from God and struggled to feel what I had experienced on the other side. I wanted my life to be over and looked for ways to “accidentally” end it.

Vinney Tolman's NDE Account



I eventually discovered that when I raised my frequency through service, I felt that inner love more strongly. I discovered that my immediate family was of greater importance than my social circles and began shifting my attention. I recognized that some of the images I had seen of the future were challenging, but they were glorious and there is reason for hope.

Vinney Tolman's NDE Account



Although I was raised in a religious family, I was never a big believer. But I came back from my near-death experience with a deeper understanding of what our purpose is on earth. I am no longer afraid of death. I try to live every day with a sense of gratitude and happiness. But most of all, I realized that love is all there is and that life is about expressing that love in everything that you do and with everyone you meet.



What happens when a snowman melts
and “kicks the bucket”

Take-home messages of today's presentation

Near-death experiences are often
dramatic and transformative...
but it is the subsequent changes to one's life
that are of the greatest interest and impact.



Many Life Changes Can Surface Following an NDE

The following are some of the changes that have been identified by NDEers. None experience all, but all experience some.

- Attitudes
- Beliefs and values
- Social importance
- Physiology
- New abilities

Changes in Attitudes

- The relaxation of many fears and anxieties
- The replacement of unyielding opinions with a willingness to consider other perspectives
- One learns that to judge another is to judge oneself
- No longer afraid of death
- A new zest for living

Changes in Beliefs and Values

- Less interest in material gain, recognition, or status
- A pervasive feeling of connection with all that exists
- A movement from religious faith to a deeper spirituality
- An increased compassion for others
- A greater love for all life
- The realization of a greater purpose in life

Changes in Social Importance

- Shifts in relationships and marriages
- A movement of focus from social groups to family
- The emergence of new interests, activities or hobbies
- Changes in one's career

Changes in Physiology

- Greater sensitivities to light, sound and other senses
- Kundalini awakening
- Psychokinesis
- Synesthesia
- Some bodies may even affect or be affected by electrical equipment

The Realization of New Abilities

- Mediumship or communication with people who have passed
- A new ability of assisting others in healing
- Heightened intuition
- Lucid dreaming
- The development of synesthesia
- Aura viewing
- Environmental sensitivity
- Encounters with non-material entities
- Encounters with extraterrestrial beings

In Conclusion



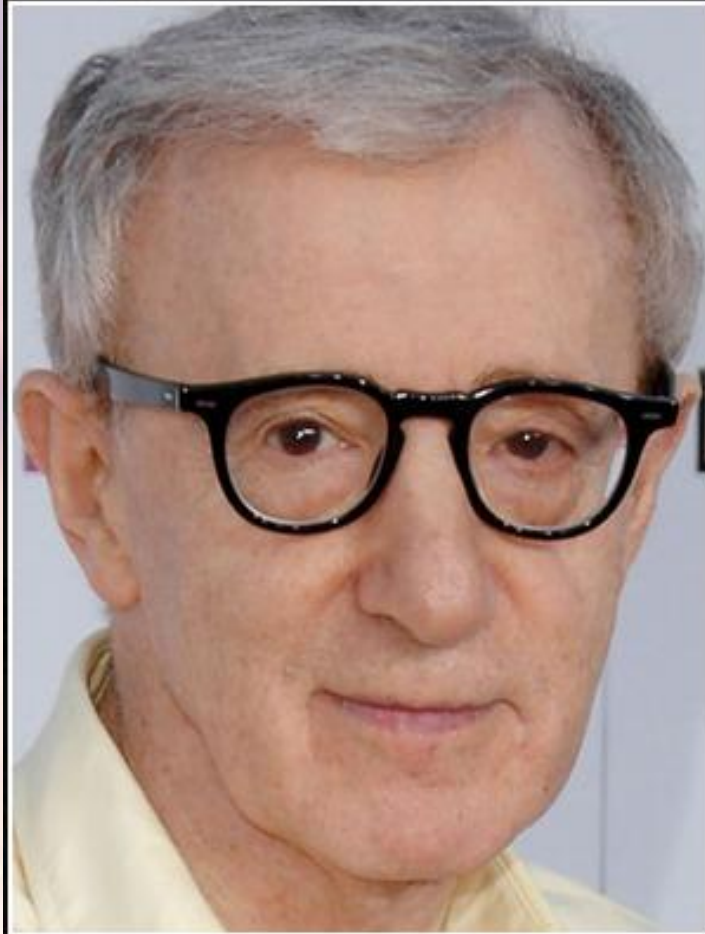
Even though this began as a presentation about Near-Death Experiences, it has become a testament for living one's life fully.



Those with the courage to share their experiences are demonstrating how to fashion a life of fulfillment, gratitude and love.



Who would have guessed that a talk about dying would end up celebrating the joy of living?



I am not afraid of death. I just don't
want to be there when it happens.

— *Woody Allen* —

AZ QUOTES

Interested in Delving Further?

- The number of NDE books, interviews, movies and YouTube accounts are mushrooming and thousands can be found with any online search.
- The ***International Association for Near-Death Studies*** is regarded as one of the premier sources of information. Its recent annual conference attracted over 700 people wanting to understand, share or explore their own personal experiences.
- The **Near Death Experience Research Foundation (NDERF)** is another excellent source of reliable information.



There are two ways to be fooled.
One is to believe what isn't true:
the other is to refuse to believe
what is true.

Søren Kierkegaard

The Q&A has finally arrived

